

Table of Contents

Introduction	1
All About Me	3
Shadow Play	5
Body Awareness Through Rhythm	6
My Body Has Different Parts	7
Sounds Within Me	8
Our Bodies Are All Different	9
Body Dolls	10
Body Jobs	11
Who Am I?	12
The Book About Me	13
Growing Up—Up—Up	14
Freeze!	15
Puppet Play: Feeling Your Body At Work And Working With Another Body	16
I Can Do This Well	17
I Like Me	18
Proud To Be Me	19
Healthy Snacking	20
Foods I Like	21
Silhouettes	22
Bending And Moving	23
My Hands Have Jobs	24
Footprints	25
Shoe Rubbings	26
Hand And Feet Prints	27
Our Fingerprints Are Special	28
Growth Chart	29
Taking Care Of Our Bodies	30
Feelings	33
Different Feelings	35
Colors Are Feelings	36
Simon Says It With Feeling	37
What Is This Person Feeling?	38
Sorting Out Feelings	39
Guess The Feeling	40
Communicating Feelings Without Words	41
Mirror Play	42
Mirror, Mirror	43

Sounds That Tell Feelings	44
Fingerpaint Feelings	45
Giving Of Yourself	46
I Like Today	47
Cookie Feelings	48
Make A Face	49
It's Fun To Feel Textures	50
Textures In My Life	51
Imagining How Things Feel	52
Smells I Like And Smells I Don't Like	53
Relating To Smells	54
Trying New Things	55
Is It Sour? Is It Sweet?	56
Taste Transformations	57
Feeling Box	58
Touching Shelf	59
Experiencing Music	60
Sinking And Floating	61
Listening For The Sound	62
Expressing Love	63
Many Ways To Say "I Love You"	64
Showing People You Love Them	65
I Trust You	66
Showing Mom We Love Her	67
It Feels Funny To Laugh	68
Making Noise	69
It's Fun To Make A Mess	70
Surprise!	71
Hot And Cold	72
Expressing Anger Constructively	73
Sometimes I'm Angry And Sometimes I'm Glad	74
I Get So Angry When...	75
Dealing With Anger	76
I Love You Even When I'm Angry	77
I'm Angry!	78
Mean Words Hurt	79
Feeling Disappointed	80
Learning Takes Practice	81
Practicing Patience: A Fishing Game	82
It's Hard To Wait	83
I Need To Be Alone	85
My Dream Book	86

Fears

87

Fear Of Falling Through The Drain	89
Sounds Of The Night	90
Lighting Up The Dark	91

Fear Of The Dark	92
Fears At Nighttime	93
I Can't See You But I Know You're There	94
Sometimes I Feel Scared	95
I'm Lost!	96
Feeling Sick	97
Sometimes Parents Have To Say Goodbye	98
Baby Pictures	99
A New Baby In The House	100
Sibling Rivalry	101
Coping With Divorce I: Expressing Feelings	102
Coping With Divorce II: Feeling Love And Reassurance	103
My Mom's In The Hospital	104
Dealing With A Long-Term Separation	105
I Have To Have An Operation	106
I Hurt My Leg	107
I Hurt My Arm	108

My World Around Me 109

My Room	111
Building My Family	112
Family Houses	113
Who Lives In Your Home?	114
Show And Share: Learning About Family Members	115
My Family Helps Each Other	116
Family Time Is Sharing Time	117
My Home: Block Play	118
My Cookie Family	119
Away From Home	120
Family Portrait	121
Inside My Home	122
Starting School	123
Our School Family	124

The Community 125

We All Need Help Sometimes	127
The People Who Help Me	128
Community Helpers	129
The Police Officer Helps Me	130
Traffic Lights Help Us Be Safe	131
Handling A Fire Emergency I: A Fire Drill	132
Handling A Fire Emergency II: Visiting A Fire Station	133
Learning My Address	134
Learning My Telephone Number	135
Telephone Talk	136
Mailing A Letter	137
Getting A Haircut	138

The Dental Visit	139
Doctor's Visit	140
Keeping My Community Clean	141
Big Truck/Little Car	142
Recognizing Danger	143
Poison!	144
Smells Are Clues	145
Neighborhood Smells	146
Neighborhood Potpourri	147
Bird Watching In My Neighborhood	148
Moving To A New House	149
Leaving Old Friends	150
I'm New Here	151
The Environment	153
How Does the Weather Feel?	155
Signs Of Spring	156
Seasons	157
Morning, Afternoon And Evening	158
A Big Storm	159
After The Storm	160
Living Things Grow I: Planting	161
Living Things Grow II: Growth From Seeds	162
Living Things Grow III: To Be A Flower	163
How Plants Drink	164
Tastes From The Garden	165
Colors In Nature	166
Beauty Around Us	167
Where Did It Come From?	168
Where Does My Juice Come From?	169
A Nature Walk	170
Looking At Clouds	171
Watch The Birds	172
Through Rose-colored Glasses	173
Sounds Inside And Outside	174
Caring For Animals In Their Natural Environment	175
Loving Your Pet	176
Animal Book	177
To Be An Animal	178
Let's Take A Trip	179
An Airplane Trip	180
Living With Others	181
Partners Share A Job	183
You Help Me And I Help You	184
I Like Who You Are	185
A Friendship Tree	186

Listening To Others	187
Learning To Play With Friends	188
I Like You	189
Sheet Painting Together	190
Trust	191
I Like You Because Book	192
A Picnic	193
Taking Turns	194
Parts Of A Whole: Cooperative Game-Playing	195
Connecting: Learning To Work As A Group	196
Cooperation Relay	197
Working Together: A Group Hero Sandwich	198
Following Rules	199
Cooperation	201
Putting Things Where They Belong	202
Sharing	204
Birthdays: A Time For Getting And Sharing	205
Cleanup Can Be Fun	207
Each Of Us Is Different	208
Appreciating Individual Differences I: Animals Are All Different	209
Appreciating Individual Differences II: People Are All Different	210
I'm Sorry You're Sick	211

Understanding Children With Special Needs **213**

How Does It Feel Not To See?	215
Seeing With Your Hands	216
How Does It Feel Not to Hear?	217
It's Hard To Walk With A Crutch	218
The Mitten Game	219

Resources **221**